

FALL SCHEDULE 2022 - SEPTEMBER 2022 -JUNE 2023

FITNESS AND ADULT CLASSES

MONDAY

FITNESS BOOT CAMP

6:00 AM-7:00 AM

FITNESS KICKBOXING

6:30PM-7:15 PM

WEDNESDAY

FITNESS BOOT CAMP

6:00 AM-7:00 AM

FITNESS KICKBOXING

6:30 PM-7:15 PM

FRIDAY

FITNESS BOOT CAMP

6:00 AM-7:00 AM

SATURDAY

FITNESS KICKBOXING

9:00AM-9:50 AM



EFFECTIVE SEPTEMBER 12, 2022